

25 Bible Verses for the Mom who Struggles with Anger

“Remember not the former things, nor consider the things of old. Behold, I am doing a new thing; now it springs forth, do you not perceive it? I will make a way in the wilderness and rivers in the desert.” (Isaiah 43:18-19)

“Fools give full vent to their rage, but the wise bring calm in the end.” (Proverbs 29:11)

“The words of the reckless pierce like swords,
but the tongue of the wise brings healing.” (Proverbs 12:18)

“And as you wish that others would do to you, do so to them.”
(Luke 6:31, ESV)

“Be angry and do not sin; do not let the sun go down on your anger, and give no opportunity to the devil.” (Ephesians 4:26-27, ESV)

“Good sense makes one slow to anger, and it is his glory to overlook an offense.” (Proverbs 19:11, ESV)

“Everyone enjoys a fitting reply; it is wonderful to say the right thing at the right time!”
(Proverbs 15:23, NLT)

“Fathers, do not provoke your children to anger, but bring them up in the discipline and instruction of the Lord.” (Ephesians 6:4, ESV)

“Whoever desires to love life and see good days, let him keep his tongue from evil and his lips from speaking deceit.” (1 Peter 3:10)

“Do not answer a fool according to his folly, or you yourself will be just like him” (Proverbs 26:4, NIV)

“Give me wisdom and knowledge, that I may lead this people, for who is able to govern this great people of yours?” (2 Chronicles 1:10, NIV)

“Consider it all joy, my brethren, when you encounter various trials, knowing that the testing of your faith produces endurance. And let endurance have its perfect result, so that you may be perfect and complete, lacking in nothing.” (James 1:2-4, ESV)

“Therefore, if anyone is in Christ, he is a new creation. The old has passed away; behold, the new has come.” (2 Corinthians 5:17)

“I waited patiently for the Lord; And He inclined to me and heard my cry. He brought me up out of the pit of destruction, out of the miry clay, And He set my feet upon a rock making my footsteps firm. He put a new song in my mouth, a song of praise to our God; Many will see and fear And will trust in the Lord.” (Psalm 40:1-3, NIV)

“So let's not get tired of doing what is good. At just the right time we will reap a harvest of blessing if we don't give up.” (Galatians 6:9, NLT)

A Song of Ascents.

I will lift up my eyes to the mountains; From where shall my help come?

My help comes from the Lord,

Who made heaven and earth.

He will not allow your foot to slip. (Psalm 121:1-3, NIV)

“Let no corrupting talk come out of your mouths, but only such as is good for building up, as fits the occasion, that it may give grace to those who hear. And do not grieve the Holy Spirit of God, by whom you were sealed for the day of redemption. Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice. Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you.” (Ephesians 4:29-32)

“I can do all this through him who gives me strength.” (Philippians 4:13, NIV)

I would have despaired unless I had believed that I would see the goodness of the LORD in the land of the living. (Psalm 27:13, NASB)

“Even so consider yourselves to be dead to sin, but alive to God in Christ Jesus. Therefore do not let sin reign in your mortal body so that you obey its lusts, and do not go on presenting the members of your body to sin as instruments of unrighteousness; but present yourselves to God as those alive from the dead, and your members as instruments of righteousness to God.” (Romans 6:11-13, NASB)

“To speak evil of no one, to avoid quarreling, to be gentle, and to show perfect courtesy toward all people.” (Titus 3:2, ESV)

“Know this, my beloved brothers: let every person be quick to hear, slow to speak, slow to anger; for the anger of man does not produce the righteousness of God.” (James 1:19-20, ESV)

“Whoever restrains his words has knowledge, and he who has a cool spirit is a man of understanding. Even a fool who keeps silent is considered wise; when he closes his lips, he is deemed intelligent.” (Proverbs 17:27-28)

Search me, God, and know my heart;
test me and know my anxious thoughts.
See if there is any offensive way in me,
and lead me in the way everlasting. (Psalm 139:23-24, NIV)

“There is therefore now no condemnation for those who are in Christ Jesus. For the law of the life-giving Spirit in Christ Jesus has set you free from the law of sin and death.” (Romans 8:1-2, ESV)